



ONE STEP BEYOND

MATT SPENCER

Spirituality is an ambiguous concept. For me personally, spirituality relates to the awareness of an intangible personal life force. For some this force is found in a deity, but for me it is found most commonly in the creative act. I feel a spiritual awareness most commonly when I am witnessing honest moments in music, prose, and cinema, and being a musician I communicate my own spirit in my most honest musical creations. These successful creations are the moments of my compositions or improvisations that are least clouded by my conscious thought, and most driven by my instincts. This is something I strive for in everything I create. It is a very important way for me to release the negative parts of my spirit, and equally a way to reaffirm the positives. So essentially music is a focus point for me to send all my bad thoughts and feelings to be resurrected as positive thoughts and feelings. It is like a spiritual cleansing, and the more honest my creation, the more successful the cleansing.



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BASSIST AND VOCALIST IN ONE STEP BEYOND